



Tips for Teens & Their Parents

The Truth About Methamphetamine

Psychological Impact

- Mood changes such as anxiety and depression that can result in suicide
- Chronic fatigue
- Paranoid thinking
- Loss of self control
- Aggression and violent or psychotic behavior that can result in murder
- Permanent psychological changes

Physiological Impact

- Increase in heart rate, blood pressure and the risk of stroke
- Possible heart failure
- Liver, kidney and lung damage

Know the Risks

- Highly addictive
- Severe "crash" after the effects wear off
- Damage to brain neurons that produce dopamine and serotonin
- Irreversible damage to blood vessels in the brain
- Risk for acquiring HIV/AIDS as a result of sharing needles when injecting the drug
- May cause death

Look Inside . . .

The Truth About Methamphetamine: Its Impact on Users and the Dangers of Its Distribution and Production

For More Information

Please contact your local community services board, your local behavioral health authority or visit any of the following Web sites:

- http://www.theantidrug.com/drug_info/drug_info_meth.asp
- <http://www.ovc.gov/publications/bulletins/children/welcome.html>
- <http://www.methresources.gov/>
- <http://www.samhsa.gov/>
- <http://www.nida.nih.gov/>
- <http://www.drugfree.org/meth>

For enforcement issues, please contact your local law enforcement officials.

Photographs in this brochure are courtesy of the U.S. Drug Enforcement Administration (DEA).

TWEAK SPEED GLASS ICE UPPERS CRANK

No Matter What It's Called Methamphetamine Means Trouble





What Is Meth Made From?

Methamphetamine is made with household products such as paint thinner, brake cleaner, freon, drain cleaner, batteries and over-the-counter medications containing pseudoephedrine.

What and Where Are Meth Labs?

- Labs are where individuals produce methamphetamine.
- Individuals may learn to "cook" meth from others or from information easily accessible on the Internet.
- Labs can be either mobile or stationary.
- Clandestine labs known as "mom and pop" labs are found in rural, city and suburban residences; barns and garages; apartments; hotel and motel rooms; storage facilities; vacant buildings; and vehicles.
- Meth is also produced and smuggled in from outside the United States.

The Warning Signs of Meth Labs

- Windows blacked out
- Unusual strong chemical odors (like cat urine, ammonia or cough syrup)
- People coming and going at unusual times
- A trash pile with large amounts of empty gas line antifreeze bottles, lantern fuel cans, coffee filters stained red, drain cleaner bottles, duct tape, peeled casings from lithium batteries and aerosol cans of starter fluid with holes in the bottom

The Dangers of Meth Production

- Labs are very dangerous and can cause fires and explosions.
- Fumes are absorbed into lab walls, floors and furniture.
- Every pound of meth produced can yield five to six pounds of toxic waste that is disposed down drains, into sewage systems, into rivers and streams and into wooded areas.
- Labs present a risk of exposure to emergency first responders, health care workers, child protection workers, other home visitation staff, cleaning crews and utility workers.

How Can You Tell If Someone Is Using?

- Inability to sleep
- Increased sensitivity to noise
- Nervous physical activity, like scratching
- Irritability, dizziness or confusion
- Extreme anorexia
- Tremors or convulsions
- Presence of paraphernalia, such as razor blades, mirrors, straws, syringes, heated spoons or surgical tubing

How to Prevent Meth Use by Youth

Parents are the most important influence in preventing drug use. Parents should be educated about:

- Communication skills;
- Appropriate discipline techniques;
- Becoming involved in the child's school;
- Knowing the child's friends and where they gather together; and
- Where to find help when the family has problems

How to Prevent Meth Manufacturing and Distribution in Communities

- Acknowledge the problem and be public about the risks.
- Identify appropriate agencies for the creation of a community task force, including law enforcement, treatment providers, schools, Environmental Protection Agency, child protective services, drug stores and key political leadership.
- Assess the problem by collecting data on lab seizures, meth-related arrests and treatment numbers.
- Develop a public awareness campaign to help citizens realize the dangers associated with meth use and meth labs.
- Develop a plan to address the problems caused by meth manufacturing, sales and use.

For further information and training, please contact your local community services board or behavioral health authority.

speed tweak ice glass uppers crank

WHAT IS METHAMPHETAMINE (METH) ?

- A powerful additive stimulant affecting different areas of the central nervous system
- A white, odorless, bitter-tasting substance that may be in solid, powder or rock form
- It can be smoked, injected, snorted and ingested orally.
- It is referred to by many names on the street, such as *crystal meth* (solid form), *crank* (powder form), *dope* (rock form), *tina* (rock form), *speed*, *chalk*, *ice*, and *glass*.